

# Lone Rock School Breakfast Menu- Grades K-6

October 2007

## This Menu Meets the Healthier Montana Menu Challenge Breakfast Menu Criteria

Monday	Tuesday	Wednesday	Thursday	Friday
1 Apple Cinnamon Oatmeal Raisins Brown Sugar Toast Sunbutter Applesauce Milk	2 Cinnamon Yogurt Muffins String Cheese Orange Half Dried Cranberry Milk	3 Tasteeos Cinnamon Bread Stick Grape Juice Granola Milk	4 Banana Bread Squares Egg Pattie Apple Slices Milk	5 French Toast Sticks Syrup Peaches Milk
8 English Muffins Peanut Butter Granola Mandarin Oranges Milk	9 Spiced Apple Muffins Colby/Jack Cheese Stick Applesauce Milk	10 Fruit Loops Raisin Bread Sticks Melon Dried Cranberries Milk	11 Hard Boiled Eggs Whole Wheat Bread or bun Fresh Fruit Salad Milk	12 Whole Wheat Maple Bars Orange Half Strawberry Fruit Bar Milk
15 Raisin Bran Whole Wheat Bread or bun Sunbutter Apricots Milk	16 Whole Wheat Pumpkin Muffin Sausage Link Grapes Trail Mix Milk	17 PB and J Uncrustable Orange Half Milk	18 No School	19 No School
22 Whole Wheat Breakfast Burrito Trail Mix Orange Half Milk	23 Strawberry Yogurt Parfait Granola Bananas Milk	24 Banana Bran Muffin Granola Fresh Fruit Milk	25 Multi Grain Pancakes Syrup Pears and Blueberries Milk	26 Waffle Sticks Sausage Links Syrup Apple Slices Milk
29 Sausage Apple Bagel Baked Apple Slices Granola Milk	30 Peach Sweet Potato Bread Egg Pattie Peaches Milk	31 Blueberry Oatmeal Muffin Tasteeos Orange Half Milk	*Choice of skim, 1% and 2% Milk Served Daily	